

**THAT WHICH IS CLAIMED:**

1. A process of obtaining an extract containing at least one simmondsin, the extract provided from at least a portion of a jojoba plant, the process comprising the steps of:
  - (a) contacting at least a portion of a jojoba plant with an organic solvent to provide a mixture;
  - (b) heating the resulting jojoba plant /organic solvent mixture;
  - (c) separating the organic solvent and resulting extracted jojoba plant components therein from that portion of the jojoba plant that is insoluble in the solvent;
  - (d) concentrating the mixture of organic solvent and extracted components by applying heat to that mixture; and
  - (e) removing further solvent from the mixture.
2. The process according to Claim 1, whereby the organic solvent is a liquid.
3. The process according to Claim 2, whereby step (d) is performed under conditions of reduced pressure relative to atmospheric pressure.
4. The process according to Claim 2, whereby the organic solvent includes ethanol.
5. The process according to Claim 2, whereby the organic solvent is a mixture of ethanol and a solvent having an aqueous character, and the mixture is comprised primarily of ethanol, on a weight basis.
6. The process according to Claim 1, whereby the jojoba plant has the form of jojoba meal.
7. The process according to Claim 2, whereby step (e) is carried out through a spray drying process.

8. The process according to Claim 2, whereby the step (b) and step (d) each are conducted at about 5°C to about 20°C less than the boiling point of the solvent within the mixture.

9. The process according to Claim 2, whereby step (b) involves subjecting the jojoba plant /organic solvent mixture to agitation.

10. A method of providing a composition suitable for use by humans for the purpose of altering the desire for intake of food and for associated weight control of humans, the method comprising:

(a) contacting at least a portion of a jojoba plant with an organic solvent to provide a mixture;

(b) heating the resulting jojoba plant /organic solvent mixture;

(c) separating the organic solvent and resulting extracted jojoba plant components therein from that portion of the jojoba plant that is insoluble in the solvent;

(d) concentrating the mixture of organic solvent and extracted components by applying heat to that mixture; and

(e) removing further organic solvent from the mixture to provide an extract composition containing at least one simmondsin compound.

11. The method according to Claim 10, whereby the organic solvent is a liquid.

12. The method according to Claim 11, whereby prior to step (e), concentrated mixture resulting from step (d) is combined with a material suitable as a carrier, thereby providing a mixture comprising simmondsin compound and carrier in step (e).

13. The method according to Claim 11, whereby step (d) is performed under conditions of reduced pressure relative to atmospheric pressure.

14. The method according to Claim 11, whereby the organic solvent includes ethanol.

15. The method according to Claim 11, whereby the organic solvent is a mixture of ethanol and a solvent having an aqueous character.

16. The method according to Claim 10, whereby the jojoba plant has the form of jojoba meal.

17. The method according to Claim 11, whereby step (e) is carried out through a spray drying process.

18. The method according to Claim 11, whereby the step (b) and step (d) each are conducted at about 5°C to about 20°C less than the boiling point of the solvent within the mixture.

19. The method according to Claim 11, whereby step (b) involves subjecting the jojoba plant /organic solvent mixture to agitation.

20. A method for controlling the intake of food of a human, the method comprising administering to the human a beneficial amount of at an extract containing at least one simmondsin compound extracted from at least a portion of a jojoba plant, whereby administration occurs at a predetermined time or predetermined times throughout a 24 hour period.

21. The method according to Claim 20, whereby the beneficial amount of simmondsin compound is at least 2 mg per kilogram of human.

22. The method according to Claim 20, whereby the administration occurs three times per 24 hour period.

23. The method according to Claim 20, whereby the administration occurs prior to each meal.

24. The method according to Claim 20, whereby the administration occurs about 3 times per day for at least a 1 week period.

25. The method according to Claim 20, whereby the administration occurs prior to each meal for at least a 1 week period.

26. A method for modifying the eating habits of a human, the method comprising administering to the human a beneficial amount of an extract containing at least one simmondsin compound extracted from at least a portion of a jojoba plant, whereby (i) such amount is sufficient to cause control of the intake of food by that human, and (ii) such administration occurs at a predetermined time or predetermined times throughout a 24 hour period.

27. The method according to Claim 26, whereby the beneficial amount of simmondsin compound is at least 2 mg per kilogram of human.

28. The method according to Claim 26, whereby the administration occurs three times per 24 hour period.

29. The method according to Claim 26, whereby the administration occurs prior to each meal.

30. The method according to Claim 26, whereby the administering occurs about 3 times per 24 hour period for at least a 1 week period.

31. The method according to Claim 26, whereby the administering occurs prior to each meal for at least a 1 week period.

32. A method for controlling the weight of a human, the method comprising administering to the human a beneficial amount of a jojoba extract containing at least one simmondsin compound, whereby such amount is sufficient to cause control of the intake of food by that human.

33. The method according to Claim 32, whereby the beneficial amount of simmondsin compound is at least 2 mg per kilogram of human.

34. The method according to Claim 32, whereby the administration occurs three times per 24 hour period.

35. The method according to Claim 32, whereby the administration occurs prior to each meal.

36. The method according to Claim 32, whereby the administering occurs about 3 times per 24 hour period for at least a 1 week period.

37. The method according to Claim 32, whereby the administering occurs prior to each meal for at least a 1 week period.

38. The method according to Claim 32, whereby the beneficial amount of simmondsin compound is at least 5 mg per kilogram of human.

39. The method according to Claim 32, whereby the beneficial amount of simmondsin compound is at least 10 mg per kilogram of human.